

January Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
December 30 Pork Loin Sauerkraut Mashed Potatoes Green Beans Diced Fruit	December 31 Chef's Choice	1 Center is Closed Enjoy the Holiday	2 Chef's Choice	3 Center is Closed
6 Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples	7 Beef & Multi Bean Chili Rice Pilaf Mixed Vegetables Fresh Pears	8 Roast Beef on Kaiser Roll Lettuce & Tomato Red Onion Potato Salad & Cole Slaw Fruit Cocktail	9 Breakfast for Lunch A variety of breakfast food will be offered	10 Center is Closed
13 Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine	14 Tuna Salad Cold Plate Served on Fresh Tossed Salad w/Peach Slices & Fresh Grape Tomatoes Whole Wheat Crackers Navy Bean Soup	15 Salisbury Steak w/Gravy Mashed Potatoes Fresh Pear Corn	16 Hot Dog Tossed Salad Baked Beans Fruit	17 Center is Closed
20 Center is Closed Enjoy the Holiday	21 Baked Potato Bar w/Chili con Carne & Shredded Cheddar Cheese Tossed Salad Apple Sauce	22 Sausage w/Gravy Home Fried Potatoes Biscuit Scalloped Apples Orange Sections	23 Chicken Patty Sandwich Tossed Salad Potato Salad Fruit	24 Center is Closed
27 Lemon Garlic Baked Chicken Quarter Maple Glazed Carrots Fresh Tangerine Pasta Salad	28 Sweet & Sour Meatballs Rice Green Beans Fresh Tossed Salad Ranch Dressing	29 Grilled Turkey & Cheddar Cheese Burger on Roll Creamed Kale Baked Beans Fresh Orange Wedges Lettuce & Tomato	30 Chef's Choice	31 Center is Closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.